



## WHO WE ARE

The LoveYourBrain Foundation was established by brothers, Adam and Kevin Pearce, following Kevin's severe traumatic brain injury from a snowboarding accident before the 2010 winter Olympics. Our mission is to improve the quality of life of people affected by TBI. Our message—LoveYourBrain—embodies our positive approach to brain injury prevention, recovery, and health.

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## THE LYB YOGA PROGRAM

We support people who have experienced a TBI and their caregivers to participate in community-based gentle yoga classes. Our program includes a free six-week yoga series, the FUNdamentals Series, designed exclusively for this group. We welcome people with post-concussion syndrome, mild to moderate TBI, and severe TBI, if they meet certain criteria (see below). Each class involves:

- 10 min breathing exercise
- 45 min gentle yoga
- 15 min guided meditation and relaxation
- 20 min facilitated discussion

After completion, participants can access other gentle yoga classes taught to the broader community at a discounted rate.



"To everyone who made this yoga series possible for people like me, THANK YOU! I desperately needed something to look forward to: Something that felt like fitness, something I could tolerate, something I could share with others who struggle with the effects of a TBI, something where I didn't have to talk about it unless I chose to, something that does not involve thinking about it because I used to be able to do some much more... something hopeful."

- Ellen

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## EVIDENCE-BASED PRACTICES: YOGA AND MEDITATION

We evaluated the impact of our yoga program with Dartmouth College and found improvements in executive functioning and quality of life. Other benefits of these practices for brain injury rehabilitation:

- ✓ attention (Cole *Mil Med* 2015)
- ✓ memory (Azulay *J Head Trauma Rehabil* 2013)
- ✓ self-efficacy (Azulay *J Head Trauma Rehabil* 2013)
- ✓ mental fatigue (Johansson *Brain Injury* 2012)
- ✓ strength and balance (Schmid *Disabil Rehabil* 2015)
- ✓ emotional wellbeing (Silverthorne *Int J Yoga Therap* 2012)

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## HELP US GET PEOPLE SIGNED UP

People can sign up on the LoveYourBrain website ([loveyourbrain.com](http://loveyourbrain.com)) and choose a program location:

- Lebanon, NH
- Burlington, VT
- Pittsburgh
- Boston
- Denver
- San Diego
- Atlanta
- Phoenix
- Ottawa, Canada

Our program is suitable for patients who would benefit from a skills-based group for stress management, focused attention, and physical activity. They should be at a place in their healing process to be:

- Able to move independently
- Ready to participate in a group in their community
- Open to communicating and following instructions
- Can commit to attending and find transportation for all 6 classes (first class is *mandatory*)